WEEK 4

10/28-11/01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH IGGY'S Dish	**Korean Spare Ribs** **Sesame Beef Tips** **Ginger Soy Roasted Chicken** **Sausage & Peppers** Mac & Cheese* Mash Potatoes* Spicy Brussel Sprouts*(GF) (V) Baby Bok Choy*(GF) (V)	**Sage Roasted Turkey** **BBQ Beef Briskets(GF)** **Cornmeal Fried Cod*(GF)** **Lasagna** Mac & Cheese* Mash Potatoes* Roasted Mushrooms*(GF) (V) Sauteed Green Beans*(GF) (V)	**Shrimp Scampi** **Chicken Alfredo** **Italian Pork Chop(GF)** **Meatballs** Mac & Cheese* Mash Potatoes* Roasted Eggplant(GF)(V) Roasted Califlower*(GF)(V)	**Pull Pork*(GF)** **Brocolli Chedder Quiche** **BBQ Chicken** **Chicken Parm** Mac & Cheese* Mash Potatoes* Collard Greens*(GF)(V) Green Beans*(GF)(V)	**Seafood Newburg*(GF)** **Herb Roasted Chicken** **Beef Stew*(GF) Baked** **Sausage & Peppers** Mac & Cheese* Mash Potatoes* Sauteed Veg Medley(GF)(V) Spinach*(GF)(V)
DINNER IGGY'S Dish	**Country Fried Steak** **Herb Grilled Chicken(GF)** **Lemon Baked Fish(GF)** **Meatballs** Mac & Cheese* Mash Potatoes* Green Beans(GF)(V) Steam Broccoli(GF)(V)	**GrilledSalmon(GF)** **Fall Roast Pork(GF)** **Chicken Florentine** **Chicken Parm** Mac & Cheese* Mash Potatoes* Fried Cabbage, Bacon, Onions*(GF) Pureed Butternut Squash	**Stuffed PorkLoin*** **Roasted Chicken** **Grilled London Broil** **Sausage & Peppers** Mac & Cheese* Mash Potatoes* Broccoli Cheddar Casserole*(GF) Nutmeg Scented Acorn Squash	**Sliced Beef Au Jus*(GF)** **Chicken Marsala** **Stuffed Tilapia** **Lasagna** Mac & Cheese* Mash Potatoes* Creamed Spinach*(GF) Glazed Carrots*(GF)(V) Cinnamon Scented Pumpkin	**Crabcakes*** **Fried Chicken** **Pork Tips** **Meatballs** Mac & Cheese* Mash Potatoes* Roasted Root Veggies*(GF)(V) Green Beans & Tomatoes*(GF)(V)
ALLERGY SAFE ZONE	**Pepper Steak(GF)** **Butternut Squash Cake(GF)(V)** **Grill Chicken (GF)** Steamed Rice(GF)(V) Roasted Potatoes(GF)(V) Grilled Squash(GF)(V)	**Chicken Tikki Marsala(GF)** **Spicy Black Bean Cake(GF)(V)** **Herb Grilled Chicken(GF)** Brown Rice(GF)(V) Hash Potato Cakes(GF)(V) Steamed French Beans(GF)(V)	**Orange Chicken Stir Fry(GF)** **Falafel (GF)(V)** **Grill Steak (GF)** Rice Pilaf(GF)(V) Mashed Potato (GF)(V) Steam Baby Bok Choy(GF)(V)	**Marinated Pull Pork(GF)** **Mushroom Cous Cous Cake(GF)(V)** **Broiled SwordFish(GF)** Jasmine Rice(GF) Fried Potatoes(GF)(V) Tempara Broccoli(GF)(V)	**New Orlean Style Catfish(GF)** **Vegtable Croketts(GF)(V)** **Grill Chicken (GF)** Rice and Beans(GF)(V) Boil Potatoes(GF)(V) Sauteed Kale(GF)(V)
fresh STOCK	**Loaded Bake Potato(GF)** Vegetable & Rice(GF)(V)	**Tomato Lentil(GF)(V)** Beef Bacon Chili(GF)	**BBQ Chicken Chili(GF)** Cream Of Broccoli(GF)	**Butternut Squash(GF)(V)** Sausage Bean & Kale(GF)	**Seafood Chowder(GF)** Chicken Noodle
NEWMAN DELI	**Mozzarella and Tomato** **Pork Fajita** Chicken, caramelized onions, peppers, jack cheese, sour cream spread	**Mozzarella and Tomato** **Pulled Pork** Pulled Pork, cheddar cheese	**Mozzarella and Tomato** **Rachel** Turkey, Swiss, Saukraut, Russian Dressing	**Mozzarella and Tomato** **Hawaiian Chicken** Teryaki Chicken, pineapple,White onion	**Mozzarella and Tomato** **Chicken Parm** Breaded Chicken, Marinara, Mozzarella